

# The Young Aspiring Athlete

How much is too much?

Dr Craig Harrison

# When Puberty Hits

Navigating your young athlete through changes in physiology

Dr Stacy T Sims

Thursday 28th June, 6pm — 8pm



**BODY IN  
MOTION**  
HIGH-PERFORMANCE  
**SPORT**

**Body In Motion High Performance Sport is fortunate enough to have Dr Craig Harrison and Dr Stacy Sims deliver an interactive, educational seminar discussing topics on training load, physiological changes around puberty and practical tips to ensure your adolescent athletes are achieving the most from their training and sport.**

This is an evening aimed at coaches, teachers and parents of adolescent athletes aged 11-17.



**Dr Craig Harrison** has a single goal: to help young people pursue excellence in sport. He believes in environments that support young people to vigorously chase their dreams, embrace challenges, and take hold of their learning to be the best they can be. Craig has over 15 years of experience working in sport from the developmental to an elite level. Focusing his time in two key areas, Craig is the Director of Athlete Development at AUT Millennium, an evidenced-informed non-sport-specific development programme for youth athletes aged 8-17 years, and a Research Fellow at the Sports Performance Research Institute New Zealand (SPRINZ) at AUT University where he leads the youth athlete development research group.



**Dr Stacy T Sims** is a noted expert in the differences between men and women with regards to training and nutrition. Although known for her passion for female athletes and how to adapt training and nutrition to maximize potential, she also is passionate about educating young athletes and their support team to identify the changes that begin at the onset of puberty (as no one really discusses how this may impact how the young athlete may need to adapt their training and nutrition habits.). Her work as an Environmental Exercise Physiologist and Nutrition Scientist specializing in thermoregulation, hydration, performance nutrition, and sex differences in athletes has allowed her to implement strategies to improve performance outcomes and overall health of athletes of all ages and abilities- from junior development to Olympic medalists.

**Thursday 28th June, 6pm — 8pm**

The University of Waikato, Adams Centre for High Performance, Miro Street, Mount Maunganui

**\$20 cash on the day. Refreshments included. For bookings please contact Ali Wilson**  
alison.wilson@bodyinmotionphysio.co.nz | 0274884637